



BREAK O'DAY COMMUNITY, JUNIOR TRYSTAR EVENT, SCAMANDER, SATURDAY FEBRUARY 8th, 2020

The BOD Community inaugural Junior Trystar triathlons will be held on Saturday February 8th, 2020 at Scamander.

This races are proudly presented by the BOD Community Triathlon Committee, in conjunction with the Launceston Triathlon Club.

The transition area will be on Bridge Esplanade (in between the two bridges southern side).

Two events will be held:

1. A Trystars 7-9 year olds - Swim 50 m, ride 800 m. and run 400 m. (Commence at 9.00 a.m.)
2. A Trystars 10-12 year olds - Swim 100 m, ride 1600 m. and run 400 m. (Commence 9.20 a.m.)

The swim will take place in the Scamander River - commencing and concluding within 50 meters of the transition area.

The bike and run legs will occur on a **partly closed road** travelling along the Bridge Esplanade.

We envisage the events will commence at 9.00 am. and conclude by 9:45 am, with presentations shortly after.

Please note that Craig Mottram will be in attendance (four time Olympian).



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ENTRIES & RACE DAY REGISTRATION

Entry is by **online entry only** via the club website at www.launcestontriclub.com . Entry closes at midnight, Thursday 6th February - this is an automated system which will not accept any entries after the cut off time. Race day entries will be accepted but please note restrictions on the numbers of on the day entries may be enforced to ensure the safety of all participants.

On race day all participants will need to be present by 8:30 am for the race briefing and other admin.

DISTANCES & RACE TIMES

7-9 year olds	50m swim, 800m bike, 400 m run	-	-	Start	9.00am
10-12 year olds	100m swim, 1600m bike, 400m run	-	-	Start	9.20am

AGE RESTRICTIONS

Triathlon Australia rules require that the following age restrictions apply to participants – as a sanctioned triathlon event we cannot vary these under any circumstances:

7-9 year olds:

Competitors must be at least **7 years of age as at 1 Jan 2020**.

10-12 year olds:

Competitors must be at least **10 years of age as at 1 Jan 2020**.



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RACE RULES

In order to ensure a safe and fair race for all, as with most triathlons in Australia, this race is subject to the Triathlon Australia, Race Competition Rules. A link to the document containing this information can be found at

http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm

In the meantime however please find below a small list of simplified rules and regulations that we would like you to keep in mind while competing. These rules are simply there to provide an equal playing field for all competitors and ensure everyone is as safe as possible on the day. The majority of these are aimed at the bike section of the course.

- Listen very carefully to the race brief and follow all instructions.
- Please keep as far left as practically possible at all times, and do not cross the centre line of the road at any stage.
- Do NOT overtake on the left at any time.
- Remember you must have your helmet on and fastened when riding.

TIMING & RESULTS

For this race we will be hand timing.

CONTACT

Race Director: Barry LeFevre - 0477 095 778

THE COURSE

Transition will be located at the Bridge Esplanade at Scamander (in between two bridges southern side) parking and toilets can also be found on site.

SWIM

Will be conducted in the Scamander River (salt water). The swim course is in reasonably shallow water with Scamander Surf Life Saving personnel supervising.



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BIKE

The course is flat and on a sealed bitumen road. Cyclists will ride along Bridge Esplanade to the corner of Silver Street.

Important Note: The cycle course is on partly closed road. While there will be marshals and SES on the course assisting competitors it is your responsibility to obey race rules. This includes keeping to the left as per normal road conditions and wearing your helmet when riding.

RUN

Runners will exit from transition and run along Bridge Esplanade to the corner of Silver Street and then head back along the same course (keeping left).

MAPS

Maps of the swim, bike and run course are provided at the end of this document. The swim course will be decided on the day depending on the conditions.

FIRST AID & AID STATIONS

First aid will be provided by qualified medical personnel and based at transition and there will be a drink station at transition.

RACE BRIEFING

There will be a race briefing for both events at 8.45am in the transition area. All participants are to be present for this. The briefing will provide course details, entry and exit points, start and finish areas, turning points, safety guidelines and recommendations

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MAP

